Planning a Family During Your Navy Career

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Regardless if you plan to have children or not, your time in the Navy is likely the time when you will be making those decisions. This briefing will give you some things to think about to carefully balance the demands of your personal life with your professional career, and the importance of proactive decision making.

Rationale of Family Planning

Family planning is preparing when to have children, taking into account the best personal and professional timing, including contraception and conception.

Family planning helps you decide how large your family should be, how long to wait in between children, and ho
a pregnancy.

Birth Control

Using effective methods of birth control is an important part of family planning.

The ideal form of birth control is the most reliable option available that suits your life and lifestyle. Use condoms along with your birth control if you are concerned about sexu infections.

Family Size

Family planning can help you choose the size of your family. Families with more children may struggle financially and emotionally, and parents may not be able to provide each child with adequate resources. Family planning will help you decide how large you would like to grow your family and will help you find methods to achieve that goal.

mpowerment

Family planning methods can help empower parents. Deciding exactly when you would like to have a child allows you to make long-term choices. Having a child when desired allows you the flexibility to make better career decisions which then allows for better overall family planning.

Unplanned pregnancies, like any unplanned event, can jeopardize operational mission readiness.

Did you know?

- 74% of pregnancies are unplanned and over *half* are born out of wedlock.
- Only 31% are using birth control at the time they conceive.
- In 70% of enlisted servicewoman pregnancies, the father is also in the military.
- In the Navy, single parents make up 7.6% of the total amount of service members with children:
  - There are an estimated 6,000 single Navy mothers and 12,000 single Navy fathers serving in our Navy today.
- Additionally, there are approximately 84,000 dual military couples in our Navy, of which 36,000 have children.

Statistical Data: 2010 Pregnancy and Parenthood Survey

Did you know?

- The average operational pregnancy tends to be a 23-year old, *single,* E-4 female Sailor.
- Statistics show that enlisted servicewomen who become pregnant: 59% are assigned to shore duty, 36% are assigned to an operational unit, and 5% are in school.
- Pregnancy may interrupt a Navy career by disqualifying a Sailor from her current duty position or from her current school.
- In the Navy, unplanned manpower losses from operational billets affects overall Navy readiness. Some of these <u>are preventable</u>.
- While parents may elect to start or expand their family at any time, pregnancy causes less disruption to a career and to the Navy when it is <u>planned</u> during a shore duty tour.

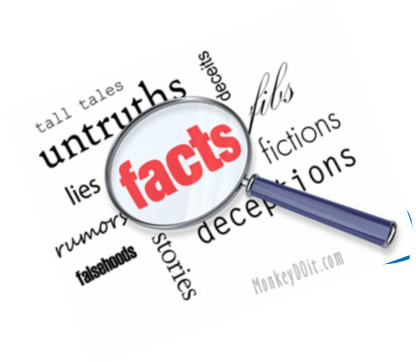
Statistical Data: 2010 Pregnancy and Parenthood Survey

Consequences of an unplanned pregnancy…

Fear and stress of an unclear future…

Unable to be present for memorable and life changing moments…

Being away from family and feeling



LIMDU vs. rational Pregnancies

2,895
Limited Duty Personnel*

2,960
Operational Pregnancies

There are just as many (if not more) LIMDU personnel as there are operational pregnancies

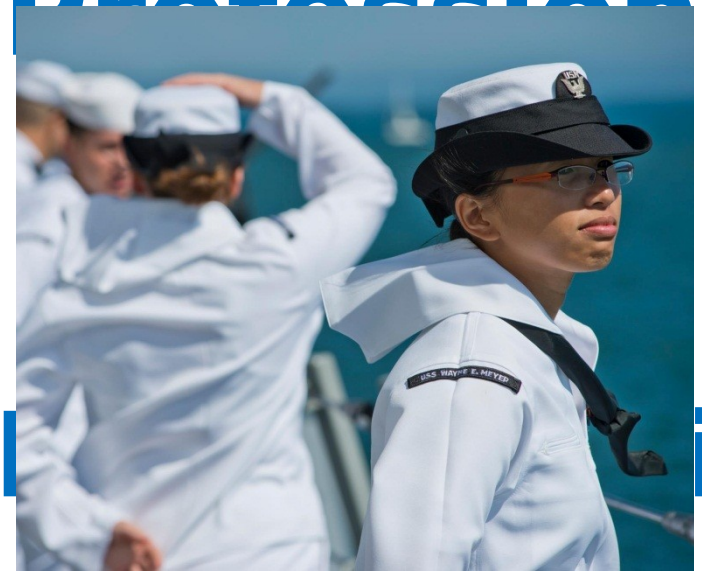
FACT
Women who become pregnant on sea duty make up less than ~1% of the Total Force

BEFORE YOU ASSUME, LEARN THE FACTS.
BEFORE YOU JUDGE, UNDERSTAND WHY

** Total does not reflect all LIMDU personnel, only those who have been reported to PERS-4013C.*

Professional Life

Risky Personal Choices



vs.

Personal Life

Many times we are taught to separate the two, but in reality the decisions we make affect both.

HONOR

◆

COURAGE

◆

COMMITMENT

We all have a duty to conduct ourselves with **HONOR**, we must have the **COURAGE** to treat each other with respect, and keep our **COMMITMENTS.**

Navy Core Values

Honor:

- ✓ Taking full responsibility for my actions.
- ✓ Conducting myself in the highest ethical manner.
- ✓ Fulfilling my legal and ethical responsibilities.

Courage:

- ✓ Having the courage to meet the demands of my profession and the mission entrusted to me.
- ✓ Making decisions and acting in the best interest of the Navy.

Commitment:

- ✓ Exhibit the highest degree of moral character, professional excellence, quality and competence in all that I do.

Take a few extra seconds to consider the <u>results of your decisions</u>, rather than making a short-fused and impulsive choice that could have <u>life changing</u> implications.

<u>Brainstorm</u>

What things impact our decision making?

Military Parents

Military families have a different set of concerns and issues that other families do not necessarily have:

- Deployments
- Moving from one location to another
- Non-traditional working hours
- Training demands

No matter which parent is in the military, thes
stressors can put a strain on families. Reme ou
owe it to yourself, your family, your career, sion
to <u>plan and think</u> through these life altering decisions before they are made.

REALITY CHECK

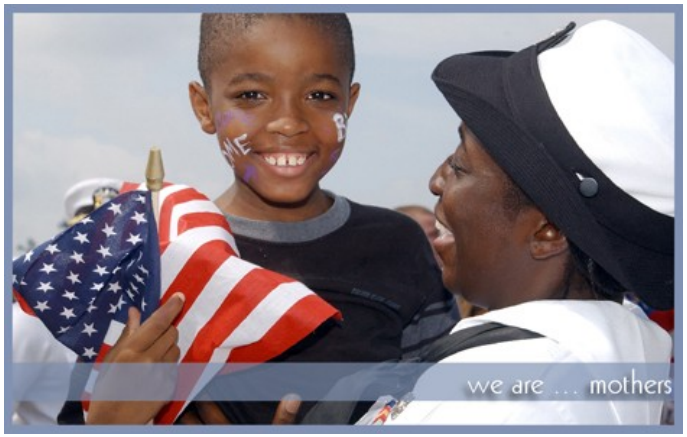
Financial aspects to strongly consider:

- Cost of Raising a Child
- Child Support
  - Federal Law authorizes DFAS to garnish of the pay of military personnel for child support.
- Daycare
  - (e.g. availability/location, hours of operation, and cost)
- Family Care Plan (FCP) Policy Requirements

Ask yourself:

"Who will ultimately pay the price for my decisions?"

Hazards and unexpected consequences of an unplanned pregnancy…



Benefits of a well thought out and planned pregnancy…

Any Questions?

Navy's Office of Women's Policy

(OPNAV N134W)

For questions and/or suggestions, please contact:

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For more information and resources, visit the Office of Women's Policy online:

http://www.public.navy.mil/bupers-npc/organization/bupers/womenspolicy/Pages/default.aspx

Does your command have a Pregnancy and Parenthood Advisor?
No, then learn more by visiting:

http://www.public.navy.mil/BUPERS-NPC/ORGANIZATION/BUPERS/WOMENSPOLICY/Pages/CommandWomen'sHealthCoordinator.aspx

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THE FOLLOWING IS A BACK-UP SLIDE

Additional slide provided for CSADD members to utilize as background information and activity supplements.

Coalition of Sailors Against Destructive Decisions Program Information Sheet

Recommended NKO Training Program (*CSADD member led*):

Sexual Health - Unplanned Pregnancy Prevention (CPPD-GMT-SHUPP-1.0)

Activity to reinforce the topic being addressed:

Scavenger Hunt: Pair members up in small groups. Provide each group a list of items of which they need to find and research the prices (either by going to the base commissary/exchange or online). Whichever group finishes first and has accurate pricing will win. The item totals as well as the cost per month must be calculated (emphasizing the cost of a child per month: food, daycare, clothing, etc.). Have each group compare the total to their monthly net pay (provide pay tables including extra allowances).

Additional Online Resources:

Office of Women's Policy (OPNAV N134W)

Cost of Raising a Child Calculator

National Child Support Calculator

Military Pay: Child Support Garnishment

National Center for Fathering

Take Time to be a Dad Today

What about the Children?

Consequences of Father Absence